

Meal Planner

OPERATION

★ **Live Well** ★

MON

Meat: [Meatballs in Tomato Sauce](#)

(serve over whole wheat pasta)

Vegetarian: [Baked Eggplant with Mushroom and Tomato Sauce](#)

TUE

Seafood: [Creamy Shells with Tuna and Spinach](#)

Vegetarian: [Mediterranean Salad with Green Beans and Feta](#)

WED

Meat: [Chicken Enchilada Pie](#)

Vegetarian: [Black Bean & Chipotle Soup](#)

THUR

Meat: [Rigatoni with Broccoli and Sausage](#)

Vegetarian: [Bean and Green Herb Stew](#)

FRI

Seafood: [Fish Veracruzana](#)

Vegetarian: [Couscous with Sun-Dried Tomatoes, Feta and Mint](#)

SAT

Meat: [Karen's Poultry Pineapple Grilled Cutlets](#)

Vegetarian: [Winter Tomato Soup with Bulgur](#)

SUN

Meat: [Gemelli with Cauliflower, Bacon and Sage](#)

Seafood: [Herbed Tilapia](#)

Vegetarian: [Tuscan Bean and Kale Soup](#)

Grocery List

MEAT / POULTRY / SEAFOOD

- anchovy fillets
- bacon
- beef (chuck)
- chicken
- Italian sausage
- red snapper
- tilapia
- tuna

DAIRY

- eggs
- cheddar cheese
- feta
- Monterey Jack cheese
- mozzarella cheese
- Parmesan cheese

FRUITS & VEGETABLES

- broccoli
- capers
- carrots
- cauliflower
- celery
- collard greens
- eggplant
- green beans
- green peppers
- kale
- lemon
- olives
- onions
- oranges
- peas
- pineapple
- romaine lettuce
- scallions
- spinach
- tomatoes

GRAINS, LEGUMES & NUTS

- black beans
- bulgur
- cannellini beans
- kidney beans
- gemelli
- pasta shells
- rigatoni
- tortillas
- white beans
- whole wheat couscous
- whole wheat pasta

HERBS & SPICES

- basil
- cilantro
- dried chipotle pepper
- garlic
- mint
- parsley
- rosemary
- sage

Your Health Is Our Best Defense

Download the **"Eat Well to Live Well"** e-book for full recipes.
Visit our **Recipes & Health Eating** Pinterest board for more ideas.